

Time
1 1/2 hours

Preparation

- Read through the lesson
- Complete Local Smoking Cessation Resources handout
- Contact local groups and note group schedules, location, pricing structure, etc.
- Contact the American Cancer Society, the American Lung Association and other organizations to see if they will send you free brochures

Materials Needed

- Pen or pencil
- Trash can
- Flip chart or chalk board if you are in a group setting
- One stirring straw per client
- Poster of the human body if available

Handouts

- My Reasons to Quit Smoking
- Preparing To Quit
- Some Things To Try Instead of Smoking
- Local Smoking Cessation Resources

Trying to Quit?

Lesson Overview

Clients will assess their readiness to quit smoking. Clients who are ready to quit will review reasons to quit smoking and prepare an action plan for quitting.

Rationale

Smoking is a risk factor for many types of cancer.

Goals

Clients who smoke will contact a smoking cessation organization.

Objectives

- Clients will assess their readiness to quit.
- Clients will list reasons why they want to quit smoking.
- Clients will prepare a plan to quit smoking.

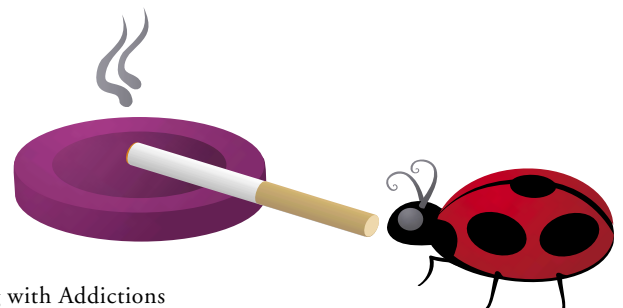
Lesson

There is no question that smoking increases the risk of developing many forms of cancer. In addition to causing many health problems, smoking also impairs your ability to perform many everyday activities, like exercise, climbing up stairs, and walking for long distances.



Give each client a stirring straw. Ask client(s) to breathe through the straw for one minute.

Was it difficult to breathe? Did it take a lot of extra energy to breathe using the straw? Well, this is what it is like when you have emphysema.



Trying to Quit?

Emphysema is a disease that makes it difficult to breathe. If you smoke for a long time, you may develop emphysema—and this is what it would feel like to breathe.

Smoking is an addiction. There is a drug in cigarettes called nicotine that affects users both physiologically and psychologically. In other words, nicotine affects your body as well as your brain. But, by quitting, you can take control again.

Ask client(s) if they want to quit smoking. Some client(s) may not be ready to quit. If this is the case, give them the Local Smoking Cessation Resources handout. Let them know that you can provide more assistance when they are ready to quit. For other client(s) who are considering cessation, continue with the lesson.

If you have a poster of the human body, point out all the areas that smoking damages. Point out that smoking:

- Leads to bad breath
- Causes wrinkled skin
- Causes yellow fingernails
- Damages taste buds so you aren't able to taste things
- Damages your lungs
- Damages your nerves
- It may increase your cholesterol and lead to cardiovascular problems like heart disease and stroke

Smoking affects almost every part of your body—including your mind! In order to begin the cessation process and take back some control, you must first understand why you began smoking, and why you want to stop smoking.

It is important to understand why client(s) want to quit. Some client(s) may want to quit smoking because family members are encouraging them to stop. Others may want to quit because of medical reasons. Still others may need to talk it through. They may need your help to figure out why they really want to stop smoking.

- If you are in a one-on-one session, go over the My Reasons to Quit Smoking handout. Emphasize that this needs to be a personal choice; a choice where the client takes control over the addiction.
- If you are in a group setting, break clients into small groups. Have them discuss reasons they want to quit smoking. When they are through discussing their reasons, have each client complete the My Reasons to Quit Smoking handout. Bring everyone back together and discuss their reasons to quit smoking.

- 💧 Point out that everyone has different reasons for quitting, but it is important that the client(s) know **THEIR OWN** reasons for quitting.
- 💧 Now, have client(s) complete the Preparing to Quit handout. Emphasize that everyone needs a plan. If you drive somewhere, you need to know how to get there. Trying to quit smoking is no different—you need a plan!
- 💧 Review client(s)' plans. Make sure plans are reasonable. For instance, if a woman says she is going to quit cold turkey, ask her what she plans to do when she has a craving for a cigarette? If she says she would like to try the patch or the gum, ask her to speak with her physician first.

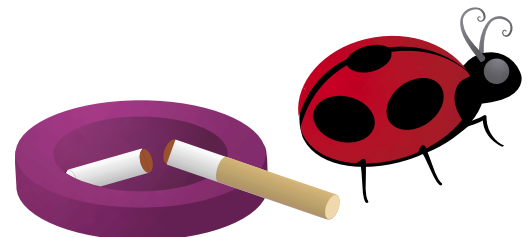
When you are trying to quit smoking, it is important to think of alternatives to smoking. Can you think of things you can do instead of smoking?

- 💧 Ask client(s) to brainstorm alternatives to smoking. Make some suggestions:
 - Go for a walk when you have the urge to smoke.
 - Throw out all of your cigarettes and get rid of ashtrays in the home.
 - Keep lozenges or hard candy on hand to grab instead of a cigarette.
 - Drink a lot of water!
 - Grab for a pencil instead of a cigarette.
 - Stay away from other people who smoke.
 - Change your routine so that you aren't as tempted to smoke in familiar places.
 - Call someone else who is trying to quit for support.
- 💧 Pass out the Some Things To Try Instead of Smoking handout and provide any information about local classes, groups, etc. that you have listed on the Local Smoking Cessation Resources worksheet.

So let's try it. Let's start right now.

- 💧 Pick up a trash can.

This is our “quit” can. Take your cigarettes and throw them in this “quit” can. This is a symbolic gesture of your commitment to quit.



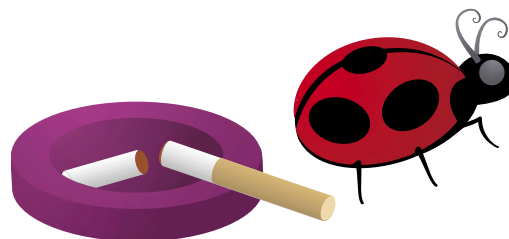
Trying to Quit?

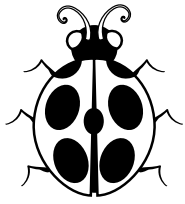


Review the benefits of quitting. If possible, plan to meet with client(s) to review plans to quit. Make professional referrals as necessary.

Educational Activities

- Make “quit kits” for clients—gum, stress balls, tooth brushes, tooth paste, relaxation tapes.
- Prepare “Tip Cards” (each “tip card” lists an alternative to smoking). If time permits, have clients create five to ten tip cards using 3” x 5” index cards. When clients are finished, have them share “tips” with the other clients.





My Reasons to Quit Smoking

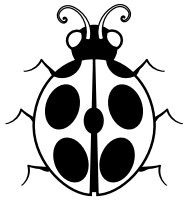
How long have you been smoking? _____

Why did you start smoking? _____

There are many reason people decide to quit smoking. What are your reasons?

What are some of the reasons you do not want to quit smoking? _____

Looking at your answers, do your reasons for quitting outweigh your reasons to continue? _____



Preparing to Quit

What are some barriers to quitting? These may include other family members that smoke, high stress situations, holidays, etc. _____

How are you going to overcome those obstacles?

I will _____

In order to quit smoking, you need to take a few steps first. What are some of the steps you plan to take?

Stop buying cartons of cigarettes

Schedule a dental appointment

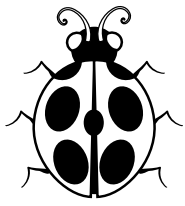
Talk with others who have quit

Ask other not to smoke around me

Get rid of all the ashtrays in the house

Only smoke in one area

Visit my physician



Some Things To Try Instead of Smoking

GO FOR A WALK

DEEP BREATHING EXERCISES

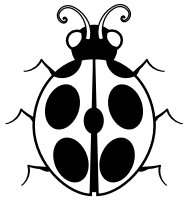
SUCK ON LOZENGES OR HARD CANDY INSTEAD

GRAB A PENCIL INSTEAD OF A CIGARETTE

GO OVER YOUR REASONS TO QUIT SMOKING

**CALL SOMEONE ELSE WHO IS TRYING
TO QUIT FOR SUPPORT**

**CHANGE YOUR ROUTINE SO YOU AREN'T
AS TEMPTED TO SMOKE**



Local Smoking Cessation Resources

The following are local organizations that have smoking cessation programs for people who are trying to quit.

NAME

CONTACT INFORMATION

California Smokers Helpline

1-800-NO-BUTTS

1-800-NO-FUMAR

(materials available in Spanish and Asian languages)



Are You Drinking in Moderation?

Lesson Overview

Clients learn about the negative health effects of alcohol use and abuse.

Rationale

Over-consumption of alcohol has negative health effects and may increase the risk of developing breast cancer.

Goals

If clients drink alcoholic beverages, they will do so sensibly, and in moderation.

Objectives

- Clients will understand the difference between moderate drinking and alcoholism.
- Clients will understand the health risks associated with drinking alcohol.
- Clients will assess their drinking habits.

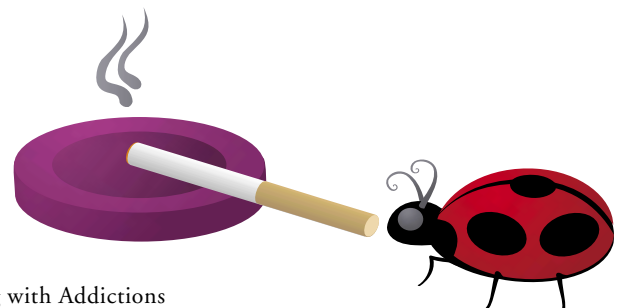
Lesson

Can anyone tell me what moderate drinking is?



Allow time for people to answer. Write down people's definitions on the chalkboard or flip chart. Show clients the Standard Alcohol Serving picture. Pass out the *Alcoholic Beverages: Making Responsible Drinking Choices* handout.

According to the federal government's *Dietary Guidelines for Americans 2000*, moderate drinking is defined as no more than 1 drink per day for women and no more than 2 drinks per day for men, if you



Time
45 minutes

Preparation

- Read through the lesson
- Read alcohol-related articles in appendix
- Complete Local Alcohol Addiction Resources list

Materials Needed

- Pen or pencil
- Flip chart or a chalk board if you are in a group setting
- Poster of the human body if available

Handouts

- Standard Alcohol Serving picture
- Alcohol Abuse vs. Alcoholism
- Local Substance Abuse Centers
- *Alcohol Beverages: Making Responsible Drinking Choices*
- *Alcohol: How It All Adds Up*
- What Do You Think?

Are You Drinking in Moderation?

drink at all. The difference between these two limits is based on 1) the difference between men and women's weights and 2) the difference between the way men and women's bodies process alcohol.



Show client(s) the Standard Serving of Alcohol picture.

So what counts as a drink? As you can see from the *Alcoholic Beverages: Making Responsible Drinking Choices*, different alcoholic beverages contain different amounts of alcohol. For instance, you can drink 12 ounces of beer or drink 5 ounces of wine and still get the same amount of alcohol.

Can this be right? You drink approximately 1/2 the amount wine but still drink as much alcohol as when you drink 12 ounces of beer? The answer is yes. You can drink even less distilled spirits (like bourbon, rum, gin, tequila, Captain Jack, etc.) and still drink just as much alcohol. So what does this mean?

Well, it means that if you are drinking more than one 12 ounce beer (two for men), or more than one 1 1/2 ounce distilled spirit (two for men), or more than one 5 ounce glass of wine (two for men), then you are drinking more alcohol than the recommendations outlined in the *Dietary Guidelines for Americans, 2000*.



Pause and let this point sink in. Ask if anyone has any questions.

Alcoholic beverages are dangerous when they are consumed in excess. What are some of the negative effects alcohol can have on you?



Give clients a chance to brainstorm. Write down their answers on the flip chart or chalkboard.

Excessive alcohol intake:

- impairs your judgement
- can lead to dependency
- can raise the risk of motor vehicle accidents
- causes other injuries
- increases the risk of birth defects in pregnant women
- contributes to child abuse
- raises blood pressure
- raises the risk of a stroke
- contributes to violence
- contributes to suicide
- raises the risk of certain forms of cancers
- creates social problems
- creates psychological problems
- causes cirrhosis of the liver
- causes inflammation of the pancreas
- damages the heart
- damages the brain

Is anyone surprised by this? Did you know that even one drink per day can increase the risk of breast cancer in women? Did you know that heavy drinkers are at an increased risk of malnutrition? Does anyone know why?



Pause and let clients brainstorm.

Alcoholic beverages have quite a few calories, but almost no nutrients. People who drink excessive amounts of alcohol may be taking in a lot of calories, but taking in little to no nutrition. In addition to replacing food with alcohol, people who drink alcohol excessively often replace food with alcohol. This means their bodies get even fewer nutrients throughout the day.

Now we need to talk about what happens when you think you may be more than a moderate user of alcohol.



Pass out the Alcoholism vs. Alcohol Abuse handout.

One in every 13 adults abuses alcohol. Several more millions of adults engage in behaviors that may lead them to alcohol problems in the future. Alcoholism has the following elements:

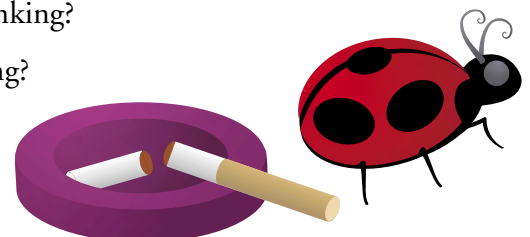
- craving: a strong need or compulsion to drink
- loss of control: the inability to stop drinking
- physical dependence: person experiences withdrawal symptoms such as nausea, sweating, shaking, and anxiety when alcohol use is stopped
- Tolerance: the need for increased amounts of alcohol to reach that 'high'

Alcohol abuse is a bit different. The National Institute on Alcohol Abuse and Alcoholism defines alcohol abuse as a pattern of drinking that is accompanied by one or more of the following:

- Failure to fulfill responsibilities at work, school or home
- Drinking in situations that are physically dangerous (like drinking and driving)
- Recurring alcohol-related legal problems
- Continued drinking despite having ongoing problems that are caused by or worsened by the effects of alcohol

So how can you tell if you, or someone close to you is an alcoholic? There are four questions that give you some insight:

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?



Are You Drinking in Moderation?

- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (eye opener)?

If you answered “yes” to any one of those questions, then you may have an alcohol problem. You should speak with your health care provider immediately so that the two of you can determine what the next step should be. It may not be easy, but it is better to deal with the problem now, rather than let it take any more control over you. Seeking help—talking with others, will take you one step closer to re-gaining control over your life again.

At this point, if you think client(s) abuse alcohol or are alcoholics, refer them to a professional. Under NO circumstances should you try to counsel client(s). When you are talking with a client, be as supportive and non-judgmental as possible.

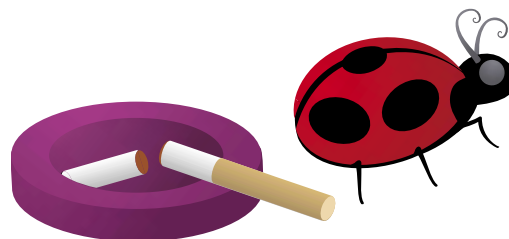
There are many social activities that do not involve alcohol. You can meet friends, garden, enjoy nature, meet friends, go walking, join a walking club, join the YMCA.

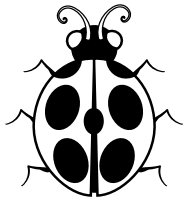
Ask client(s) for other alternatives.

So think about your alcohol consumption. Are you a moderate drinker? If you are a moderate drinker, think about the health risks. Are you comfortable with the health risks? If so, then drink responsibly. Never drink and drive! And if you ever feel like you are moving from a moderate drinker to a heavy drinker, get help. Here is a list of local substance abuse centers.

Pass out the *Alcoholic Beverages: Making Responsible Drinking Choices* and the Local Substance Abuse Centers handouts. Ask client(s) if they have any questions. Make referrals as necessary.

Ask clients to complete the What Do You Think? handout. Review clients' answers.





Alcohol Abuse vs. Alcoholism

ALCOHOLISM

Craving: a strong need or compulsion to drink

Loss of control: the inability to stop drinking

Physical dependence: person experiences withdrawal symptoms such as nausea, sweating, shaking, and anxiety when alcohol use is stopped

Tolerance: the need for increased amounts of alcohol to reach that 'high'

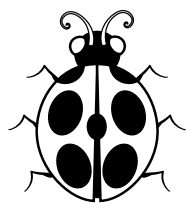
ALCOHOL ABUSE

Failure to fulfill responsibilities at work, school or home

Drinking in situations that are physically dangerous (like drinking and driving)

Recurring alcohol-related legal problems

Continued drinking despite having ongoing problems that are caused by or worsened by the effects of alcohol



Local Substance Abuse Resources

The following are local organizations that have substance abuse programs.

NAME

CONTACT INFORMATION

National Drug and Treatment Referral Routing Service
Alcohol and drug information/treatment referral assistance
1-800-662-HELP



What Do You Think?







Here are a few statements about today's lesson. Please mark whether you agree or disagree with each statement.

	Strongly Agree	Mildly Agree	Don't Know	Mildly Disagree	Strongly Disagree
Excess alcohol can lead to child abuse.					
Alcohol has a lot of calories.					
Help is available for people who drink excessively (too much).					

Healthy Lifestyle Curriculum in Reducing the Risk of Breast Cancer: Dealing with Addictions 4.2



What Do You Think? Answer Sheet

	Strongly Agree	Mildly Agree	Don't Know	Mildly Disagree	Strongly Disagree
Excess alcohol can lead to child abuse.					
Alcohol has a lot of calories.					
Help is available for people who drink excessively (too much).					

Healthy Lifestyle Curriculum in Reducing the Risk of Breast Cancer: Dealing with Addictions 4.2